

**THE ARTS**

# MRS. CABOBBLE'S CABOOSE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:45 CH 8	10:25 CH 10	2:00 CH 8	12:05 CH 10	8:45 CH 8

Mrs. Cabobble's Caboose is a very special place where students meet to share the wonderful world of music. Mrs. Fran Powell and her cast of characters encourage active participation in a variety of musical experiences.

T.V. Tip: This series helps students with reading as words are flashed on screen.

**Grade Levels K - 3**

**Teacher Guide Available**

**15-Minute Lessons**

## **Making New Friends**

Weeks of 9/13, 2/21

The learner will discover a musical way to meet and greet new friends.

## **Let's Go For a Hike**

Weeks of 10/4, 3/20

The learner will listen to a melodic phrase and be able to repeat the phrase during the performance of the song, thus creating a "harmony echo" effect.

## **Arrows & Tomahawks**

Weeks of 10/18, 4/3

Learners will listen to and learn songs from the American Indian culture.

## **Rhythm & Rhymes**

Weeks of 9/20, 3/6

The learner will discover and respond to rhythm by participating in singing rhymes and chants, clapping and total body movement.

## **Apple Cider Time**

Week of 10/11, 3/27

The learner will participate in singing a "dialogue" style song, and be able to perform phrases independently.

## **Keep it Movin'**

Weeks of 11/1, 5/1

Enhances motor skills and rhythmic response to music.

## **Up...Down... All Around**

Weeks of 9/27, 3/13

The learner will discover the steps of the music scale and how the upward and downward movement of a melody form the melodic contour of the song.

## **Spook in the Pumpkin Patch**

Week of 10/25

Learners experience both major and minor modes and are able to distinguish the difference between them.

## **Doing the Turkey Trot**

Week of 11/15

Increases repertoire and develops rhythmic response and motor skills.



# MRS. CABOBBLE'S CABOOSE (Continued)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:45 CH 8	10:25 CH 10	2:00 CH 8	12:05 CH 10	8:45 CH 8

## Coats & Mittens

Week of 11/8, 1/10

Increases the viewers' repertoire of seasonal songs and introduces the notation of rests.

## A Lot of Brass

Weeks of 11/29, 5/15

Introduces the trumpet and trombone as members of the brass instrument family with their distinctive sounds.

## Happy Hearts

Week of 2/14

Increases repertoire suitable to use in celebrating special days, and improves xylophone playing skills.

## Decorate & Celebrate

Week of 12/6

The learner will discover that various cultures have customs of celebration reflected in their own musical style.

## Raindrops & Froghops

Weeks of 1/17, 5/22

Encourages aesthetic appreciation and creative expression and dramatization.

## February Birthdays

Weeks of 2/7

The learner experiences patriotic music and learns to distinguish between the style of a march and a ballad.

## Caboose Caroling

Week of 12/13

Introduces the use of the voice as a choral instrument with unique qualities of expression.

## Round & Round

Weeks of 1/24, 5/29

Develops the ability to sing a melody independently and to understand that harmony is produced by combining musical sounds.

## Hoppin' Down the Bunny Trail

Week of 2/28, 4/10

Increases repertoire of musical activities for special days, and improves rhythmic response and motor skills.

## Make a Wish

Weeks of 1/3, 5/8

Harmony created by movement with melodic contour in intervals of a third.

## The Music Man

Weeks of 1/31, 6/5

Acquaints the learner with the different members of the saxophone family, and how these wind instruments are played.



# THE MUSIC FACTORY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:25 Ch 10	9:00 Ch 10	2:00 Ch 10	2:05 Ch 10	9:45 Ch 10 1:45 Ch 8

The primary objective of this series is to provide a solid foundation of musical knowledge by teaching music through a conceptual approach and by providing interesting and meaningful demonstrations of musical classroom activities.

**Grades K - 4    Teacher Guide Available    30-Minute Lessons**

## What Is Music?

Weeks of 9/13, 2/14

Emphasizes the history of music; the wind instrument family and concepts of rhythm, tone, melody, harmony and vibration are covered.

## Rhythm Basics

Weeks of 9/20, 2/21

Emphasis on concepts of meter, beat, tempo and accents; percussion instrument family and volume dynamics.

## Tone

Weeks of 9/27, 2/28

Concepts of loudness, pitch, duration, and timbre, the string instrument family, music tempo variations and binary form are also discussed in this program.

## Scales

Week of 10/4, 3/6

Emphasis on major and pentatonic scales system, musical notations, clef sizes and tonality, identification of the tonic for a given song or major scale, and keyboard instruments.

## Melody

Weeks of 10/11, 3/13

This program discusses the basics of intervals, contour, steps and skips; the string instrument family; and styles - including legato, staccato and dynamics.

## Harmony

Weeks of 10/18, 3/20

Emphasizes understanding basic chord theory, plucked instrument demonstration; and the differences between major and minor chords.

## Rhythm Revisited

Weeks of 10/25, 3/27

Reviews rhythm elements like beat and accent; describes the percussion instrument family; plus the ternary form, contrast and recurring systems.

## Chords

Weeks of 11/1, 4/3

This program emphasizes chord progression, vibration and instrument sound creation, binary song contrast and "partner songs" and listening to keyboard music.

## Major and Minor

Weeks of 11/8, 4/10

Program emphasis is on differentiations between major and minor chords, symphony orchestra instruments, composition of a C Major scale song, and identification of the ternary form in a recording.

## Accompaniment

Weeks of 11/15, 5/1

This program focuses on songs that are rounds, creation of a homemade guitar, types of accompaniment instruments, and playing a bingo game using music signs and symbols.



# DRAW ALONG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:05 CH 8	2:15 CH 8	10:20 CH 8	11:25 CH 10	2:45 CH 8

This series is based on the philosophy that drawing is a way of communicating one's thoughts and feelings to others. It encourages children to express themselves graphically and gives them suggestions of how to do so. The series can be used by children of various age levels and artistic abilities.

**TV Tip:** For primary grades it is best to have a Teacher Guide to get the class familiar with what will be drawn during the program.

**Grades 1 - 5**

**Teacher Guide Available**

**15-Minute Lessons**

## Drawing People

Weeks of 9/13, 1/24, 4/10  
How to draw people with correct proportions - a cowgirl.

## Horses and People

Weeks of 9/20, 1/31,  
How to draw a running horse and a horse with a rider.

## People In Action

Weeks of 9/27, 2/7, 5/1,  
How to draw walking, running, or sitting figures.

## Big Cats

Week of 10/4, 2/14, 5/8  
How to draw big cats that suggest dramatic action - lion's head

## Halloween Scenes

Week of 10/18  
How to draw buildings, using center line for Symmetry - scary castle.

## Halloween Symbols

Week of 10/25  
How to draw scary, funny and colorful costumed figures.



## Elephants

Weeks of 10/11, 2/21, 5/15  
How to draw, then "shrink" an elephant.

## Cartoon People

Weeks of 11/8, 2/28, 5/22  
How to create cartoon bodies to go with funny faces.

## Thanksgiving Pilgrims

Week of 11/15  
How to draw faces by locating the features - pilgrims.

## Cars and Trucks

Weeks of 11/29, 3/6, 5/29  
A simple way to draw vehicles - a recreational vehicle.

## Deer

Weeks of 12/6, 3/13, 6/5  
How to draw an airliner parked at an airport.

## Santa Claus

Week of 12/13  
First, Santa's head is drawn; then his body is added.

## Houses & Buildings

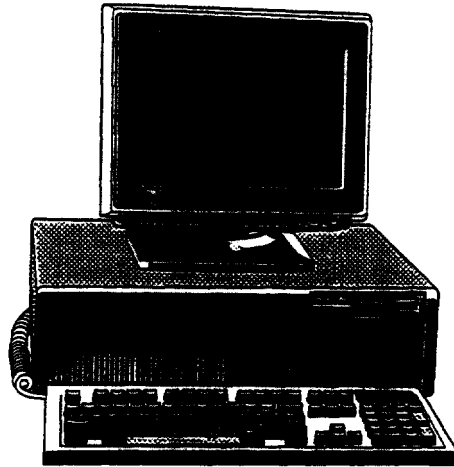
Weeks of 1/3, 3/20  
How to draw a house and landscaping.

## Building A Picture

Weeks of 1/10, 3/27  
Design and composition in drawing a pirate scene.

## Funny Faces

Weeks of 11/1, 1/17, 4/3  
An introduction to drawing funny faces.



# COMPUTER EDUCATION

# EXPLORING THE INTERNET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:20 Ch 8	1:30 Ch 10	12:50 Ch 8	2:50 Ch 8	11:15 Ch 10

This program provides teachers and students with a basic understanding of how this new, world wide means of interactive communication works.

**Grade Levels 3 - 6    Teacher Guide Available    10-Minute Lessons**

## Exploring the Internet Introduction

Week of 9/13, 10/18, 3/27  
A general look at all possible Internet uses.

## Net Surfing

Week of 9/27, 11/1, 4/10  
Shows students other ways the internet can be used - such as gathering data, finding pictures and collecting sounds.

## World Wide Web

Week of 10/4, 11/8, 5/1  
Demonstrates the kind of materials to be found on the Web, how to create and post a web page, copyright concerns and privacy issues.

## E - Mail

Week of 9/20, 10/25, 4/3  
This program defines electronic mail (e-mail) through its similarities to regular mail.

## Doing Research

Week of 10/11, 11/15, 5/8  
Illustrates the steps in doing good research on the Internet.





**DRUG USE**

**PREVENTION**



# DRUG AVENGERS I

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45 CH 8	9:45 CH 10	11:15 CH 8	11:20 CH 8	12:30 CH 8

The "Drug Avengers" are visitors from the future. They've come back in time to help today's children with healthy messages and ideas on ways to refuse or avoid drugs. Two 5-minute episodes are combined to make a 10-minute lesson.

**Grades K - 3 Teacher Guide Available 10-Minute Lessons**

## From the Future /Body Talk

Weeks of 11/8

Don't take vitamins or medicine from a friend, only from a parent or other trusted adult.



## Up & Down/ Street Talk

Weeks of 11/15

Lows are a normal part of life. Don't feel guilty if family members abuse drugs. Find a trusted adult who can listen and help you.

# DRUG AVENGERS II

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45 CH 8	9:45 CH 10	11:15 CH 8	11:20 CH 8	12:30 CH 8

**Grades 4 - 6 Teacher Guide Available 10-Minute Lessons**

## Uh, Oh, Video/ Fast Friends

Weeks of 11/29

Listen to the "Uh Oh" feeling when something seems wrong. Being "one of the crowd" does not mean you have to take drugs.

## Picture Perfect/ Trick Or Treat?

Weeks of 12/6

Advertising can be misleading. Refusal skills become easier with practice.

## Double Scare/ Rock Solid

Weeks of 12/13

You can never be sure how a substance will affect you physically. You don't need drugs to have fun.

# JUST FOR ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45 CH 8	9:45 CH 10	11:15 CH 8	10:05 CH 10	12:30 CH 8

This series targets children before most of them have been exposed to alcohol and other drugs. There is a clear message that the use of any drugs is unhealthy, dangerous and unacceptable.

**Grades 2 - 4 Teacher Guide Available 15-Minute Lessons**

## Who Are You?

Week of 1/3

Shows how thoughts, feelings, and successful experiences can affect a child's self-concept negatively or positively, and the self-concept, in turn, affects the decisions children make.

## My Choice

Week of 1/10

Demonstrates that a decision - making process, well learned and wisely implemented, can be an important tool for resolving personal health issues.



## The Real Me

Week of 1/17

Shows how family values and support combined with refusal skills can help children cope with negative peer pressure.

## I Do Care

Week of 1/24

Dramatizes the importance of adhering to the rules; respecting the needs, feelings, ideas, and environment of others; and taking responsibility for behavior.

## My Family, My Self

Week of 1/31

Presents dramatic evidence of the influence of family members on each other and strategies for strengthening family bonds.

## I Don't Buy It

Week of 2/7

Humorously demonstrates the way commercials and advertisements can influence children's ideas, values, and behavior.



# FAST FORWARD FUTURE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45 CH 8	9:45 CH 10	11:15 CH 8	11:20 CH 8	12:30 CH 8

This exciting series features a magical device that allows youngsters to peer into the future and see, on a TV screen, what will happen if they use drugs or remain drug free.

**Grades 4 - 6**

**20-Minute Lessons**

## **Maggie's Story**

Week of 2/14

Teaches students a method to build self-esteem and find the inner strength to say "NO" effectively.

## **Zack's Story**

Week of 2/21

Illustrates the dangers of alcohol and provides a strategy to use in problem solving and ways of coping with stress.

## **Casey's Story**

Week of 2/28

Demonstrates the difference between "telling" and "tattling" and shows that the best thing to do with a problem like drugs is to ask for help from a trusted adult.

# STRAIGHT UP

**Dial-A-Lesson - (914) 968-7800 - See Page 7**

Actors Lou Gossett, as Cosmo, and Chad Allen, as Ben, show youngsters how to stand up to the villainous characters, "Booze", "Pot", and "Cocaine" in this fantasy adventure. Each program features information on the effects of drugs, developing refusal skills, and building self-esteem.

**Grades 4 - 6**

**27-Minute Lessons**

## **Attitudes & Perceptions**

Although armed with knowledge and facts, Ben must yet possess appropriate attitudes and perceptions to see through the allurements of the gang.

## **Knowledge & Facts**

Ben is challenged by the gang to join them in using alcohol, marijuana, and tobacco.

## **Self Image & Life Skills**

Ben, aided by Cosmo, finally acquires the self confidence needed to say "NO" to the gang once and for all.

# YOUR CHOICE OUR CHANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45 CH 8	9:45 CH 10	11:15 CH 8	11:20 CH 8	12:30 Ch 8

Targets children in the vulnerable pre-teen years in realistic school, family, and peer group situations. Incorporating proven prevention strategies, the series focuses on knowledge, attitudes, and behaviors that influence drug use. These programs are open-ended to encourage classroom discussion.

**Grades 4 - 6 Teacher Guide Available 15-Minute Lessons**

## **Penalty Kick**

Week of 3/6

Eric and George, each under situation pressures, cut school and George tries to persuade Eric to use alcohol to relax.

## **I Think I Am**

Week of 3/13

Diane expresses poor self concept while Rod, in his wheelchair, expresses a very positive one.

## **Fitting In**

Week of 3/20

Theresa, lonely in a new school, joins a group dominated by Angela, who will try anything, even drugs.

## **The Big Break**

Week of 3/27

When Deborah is offered a modeling job for a vodka cooler's advertising campaign, her friend, Alex is upset.

## **Thanks, But No Thanks**

Week of 4/3

Lenora's "friends" want to involve her in shoplifting, smoking, and drinking.

## **Good Practice Today!**

Week of 4/10

Some boys on the team are pressuring others to dip snuff, but Jeff's sister shows him that practicing saying "NO!" is as important as practicing baseball.

## **Sister, Sister**

Week of 5/1

The girls' families are having a rough time but Alicia makes a friend and buys a bike, while Sophia gets involved with drugs.

## **Decisions**

Week of 5/8

James nearly jeopardizes a career in music and his brother's life as he lets others persuade him to spend the evening drinking.

## **A Friend Indeed**

Week of 5/15

When Brad starts drinking more and more, J.D. calls an alcohol hotline. Brad rejects his friend entirely but J.D. may still be able to get help for him.

## **Like You, Dad**

Week of 5/22

Amy and Carol are worried about their father's smoking, and along with their mother, the sisters plan an active, outdoor vacation, but their brother shows that Dad's habits are a model for him.

# DRUG ABUSE AND HUMAN PHYSIOLOGY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 CH 12	1:30 CH 12	10:00 CH 12	10:00 CH 12	2:00 CH 12

This series tells the straight facts about the disastrous effects of drugs on the human body. A physician-narrator graphically illustrates both the physiological and psychological effects of chemical dependency.

**Grades 6 - 8 Teacher Guide Available Lesson Lengths Vary**

## **Cocaine & Human Physiology**

Weeks of 9/13, 1/31, 6/5

21-Minute Lesson

The damage done to the body by cocaine - whether snorted, injected, or smoked - is well documented in this film.

## **Tobacco & Human Physiology**

Weeks of 9/27, 2/14

21-Minute Lesson

The severe problems caused by smoking, including emphysema, cancer, and heart attacks are described by Dr. Mark Robinson in this program.

## **Heroin & Human Physiology**

Weeks of 10/11, 2/28

22-Minute Lesson

Graphically illustrates how this devastating drug inflicts its greatest damage on the brain, lungs, and heart. Also shows some of the diseases contracted by people with AIDS.

## **Marijuana & Human Physiology**

Weeks of 9/20, 2/7

22-Minute Lesson

Many people believe that marijuana offers harmless recreation. This program dispels that belief with hard facts about the drug and its effects on the body.

## **Alcohol & Human Physiology**

Weeks of 10/4, 2/21

24-Minute Lesson

The ill-effects of alcohol on the digestive, circulatory, muscular, skeletal and nervous system are demonstrated and interwoven with interviews with six recovering alcoholics.



# STRAIGHT AT YA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 CH 12	1:30 CH 12	10:00 CH 12	10:00 CH 12	2:00 CH 12

Spotlights Kirk Cameron offering tips on peer pressure, resolving to say "NO!", and choosing a positive, healthy life style. Animation and flashbacks help students learn how they can effectively deal with real-life situations.

**Grades 6 - 8**

**Lesson Lengths Vary**

## **Resisting Peer Pressure**

Weeks of 10/18, 3/6

15-Minute Lesson

Kirk shows an animated clip of someone being forced to use drugs as contrasted with two realistic scenes in which teens are approached by a peer to use marijuana and alcohol.

## **Dealing with Problems**

Weeks of 10/25, 3/13

11-Minute Lesson

Some kids believe that drugs will make them look cool or solve their problems. This program presents this idea as a myth and then demonstrates the reality that drugs can compound the problems.

## **Looking Good, Feeling Good**

Weeks of 11/1, 3/20

20-Minute Lesson

Focuses on how drugs can ruin someone's image or reputation among friends. Students in the program also discuss how the media influence people to use drugs.



# THREE AGAINST DRUGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 CH 12	1:30 CH 12	10:00 CH 12	10:00 CH 12	2:00 CH 12

This series, in dramatic vignettes, offers factual information about the dangers of drug use.

**Grades 7 - 8**

**20-Minute Lessons**

## Hard Facts About Alcohol, Marijuana & Crack

Weeks of 11/8, 3/27

The freshman class is filing into the auditorium for the class photo session. Over the next four years members of the class experiment with drugs with disastrous results. By graduation, six students are missing from the class photo.

## Speak Up, Speak Out

Weeks of 11/15, 4/3

Steve, a high school senior, is planning a party with beer, liquor and pot. Matt doesn't want to be involved but he's worried about letting everyone down. However, Matt's friends help him to discover the techniques needed to say "NO!" to Steve's pressure.

## Dare to Be Different

Weeks of 11/29, 4/10

Sarah and Kim are close friends but Kim begins to hang around with a new group that abuses alcohol and marijuana. Sarah, upset, confronts her friend helping her to gain perspective on the shortcomings of the new group.

# LOOKIN' GOOD

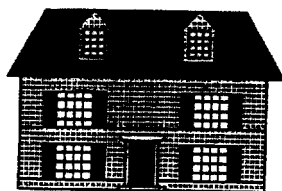
A dramatic two-part series based on actual incidents that convey the dangers of drug use. Although they underscore the importance of prevention, they also recognize that some students have already been exposed to drugs and may need help. Teachers are urged to use both parts. Available through Dial-A-Lesson - (914) 968-7800 - (See Page 7).

**Grades 7 - 8**

**30-Minute Lessons**

## A Mountain Retreat

Several students are caught up in a life threatening, drug-related incident. Drawn closer by the crisis, they discuss forming a peer support group. The group is a success and their goal is to achieve a completely drug-free school.



## Drug-Free School

In their group meetings, the students learn trust and "saying no" skills through various activities and role-playing. Ultimately, they are asked to share their successful forum idea with other interested schools.

# PRIVATE VICTORIES

**DIAL-A-LESSON - (914) 968-7800 - See Page 7**

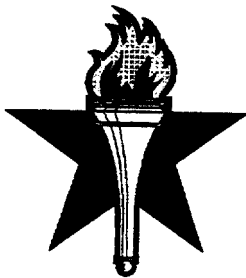
All young people share a common desire to control their own lives. This series encouraged them to do just that—to want the best for themselves and others -- and to value themselves enough to decide against using drugs.

**Grades 7 - 8**

**30-Minute Lessons**

## **Bobby**

Hank lends Bobby money for drugs. Bobby suffers cardiac arrest from a dose of cocaine. Hank blames himself and decides that you can't be neutral about drugs.



## **Hank**

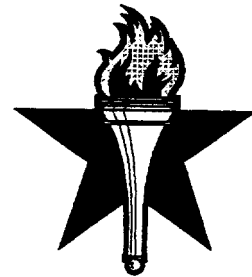
Hank is determined to become a successful musician but his stand against drugs puts him in conflict with Todd, the pusher, who owns all the band's equipment. Some of the band members go with Hank to form a new group.

## **Jackie & Stacy**

Stacy begins using crack. Jackie talks to a substance abuse teacher - nearly too late. With her parents support, Stacy enters rehabilitation. She and Jackie celebrate important "Private Victories."

## **Todd**

Todd tries to give up his drug trade but the dealers come after him. The dealers are arrested and Todd turns himself in, appearing in custody at a school rally to warn others about the dangers of drugs.



# PROGRAMS ON ALCOHOLISM

**DIAL-A-LESSON - (914) 968-7800 - See Page 7**

**Drugged Driver**

**Survival**

**Soft Is the Heart of a Child**

**If You Loved Me**

**15-Minute Lesson**

**15-Minute Lesson**

**30-Minute Lesson**

**52-Minute Lesson**



# RIGHT TURNS ONLY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 CH 12	1:30 CH 12	10:00 CH 12	10:00 CH 12	2:00 CH 12

This drug education series targets students in urban and suburban schools and focuses special attention on African-American and Hispanic youth. It examines substance abuse, students' self-esteem, AIDS related concepts and terminology, ability to critically analyze advertisements, perception of family, conflict resolution, self-efficacy in peer relationships and behavioral intention.

**Grades 7 - 8    Teacher Guide Available    Lesson Lengths Vary**

## **Group Belonging and Peer Pressure**

Week of 12/6, 5/1

20-Minute Lesson

In a cooperative group assignment, racially and economically diverse students work together to produce a video on drug use.

## **Responsibility and Identity**

Week of 1/3, 5/8

23-Minute Lesson

Seventh graders, completing an assignment about alcohol, tobacco and drug use, encounter problems. Some won't take as much responsibility as others; jealousies and conflicts develop. Even so, the assignment must get done.

## **Goals and the Media's Mixed Message**

Week of 1/10, 5/15

22-Minute Lesson

After one of the students starts smoking cigarettes, some classmates take a close look at how the media can be used to manipulate teens.

## **The Strength of Families & the Challenge of Alcoholism and Other Drug Abuse**

Week of 1/17, 5/22

21-Minute Lesson

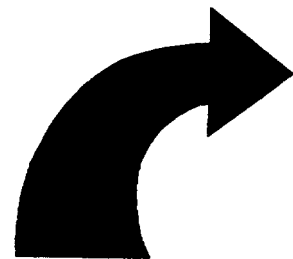
The students explore ways in which families influence behavior. Learning to communicate effectively with family members helps them avoid self-destructive behavior.

## **Problem Solving & How To Deal With Hard Times**

Week of 12/13, 1/24, 5/29

21-Minute Lesson

Explores positive ways to resolve conflict and examines the relationship between drugs and violence. The dangers of inhalants is also discussed.





**FOREIGN LANGUAGE**

# SALUDOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:10 CH 10	10:35 CH 8	11:35 CH 10	12:15 CH 8	11:30 CH 8

Saludos is designed to introduce Spanish to the English-speaking student. A limited number of new words and grammatical structures are introduced in each program. These concepts are taught in an appealing and motivating manner that helps primary as well as intermediate level viewers develop facility in oral expression.

Grades 1 - 6 Teacher Guide Available 15-Minute Lessons

## ¡Hola! ¿Como estas?

Weeks of 9/13, 3/20  
Hello! How are you?

## ¿Como te llamas?

Weeks of 9/20, 3/27  
What is your name?

## Mi Familia

Weeks of 9/27, 4/3  
My family

## La vista de abuelita

Weeks of 10/4, 4/10  
Grandmother's visit

## Cuantos años tienes?

Weeks of 10/11, 5/1  
How old are you?

## La ropa de niñas

Weeks of 10/18, 5/8  
Clothing for girls

## Los regalos

Weeks of 10/25, 5/15  
The presents

## Vamos a repasar

Weeks of 11/1, 5/22  
Let's review

## Mas números

Weeks of 11/8, 5/29  
More numbers

## El supermercado

Weeks of 11/15, 6/5  
The supermarket

## La carta

Weeks of 11/29  
The letter

## La fiesta mejicana

Weeks of 12/6  
The Mexican party

## Los días de la semana

Weeks of 12/13  
The days of the week

## Los animales

Weeks of 1/3  
The animals

## Vamos a comer

Weeks of 1/10  
Let's eat

## Vamos a repasar

Weeks of 1/17  
Let's review II



# TOP! en español

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Ch 8	12:40 Ch 10	9:15 Ch 8	10:20 Ch 8	1:55 Ch 10

Using a lively and entertaining game show format, Top! en español simplifies learning and motivates student viewers to practice the language by joining in. Programs have been carefully devised to introduce and test basic language skills. They combine the three language skills of listening, speaking and reading. Game show host Diana Perez welcomes viewers and introduces us to Red team and Blue team captains.

**Grade Levels 5 - 8 (beginners) Teacher Guide Available 20-Minute Lessons**

## Program 1

Weeks of 11/1, 12/13, 2/21

Spanish language skills are introduced and tested in Palabras Top! (Fill in missing word), Pizza Top! (hide and seek), Numeros Top! (Identify numbers in Spanish), El tiempo Top! (weather vocabulary) Familia Top! (Family members and clothing).

## Program 2

Weeks of 11/8, 2/28, 5/29

The contestants listen and respond in the games Preguntas Top! (multiple choice questions), La tienda Top! (memory game), Toto Top! (matching sentences to photographs), Cocina Top! (following a recipe for gazpacho) and return to Familia Top!

## Program 3

Week of 11/15, 3/6, 6/5

La hora Top! A new game that challenges contestants to tell time on a giant clock within a time limit. Return to the games Palabras Top! Pizza Top!, El tiempo Top! and Familia Top!

## Program 4

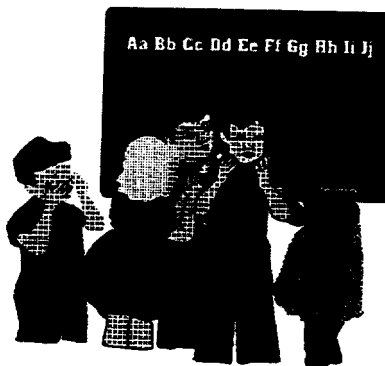
Weeks of 11/29, 3/13

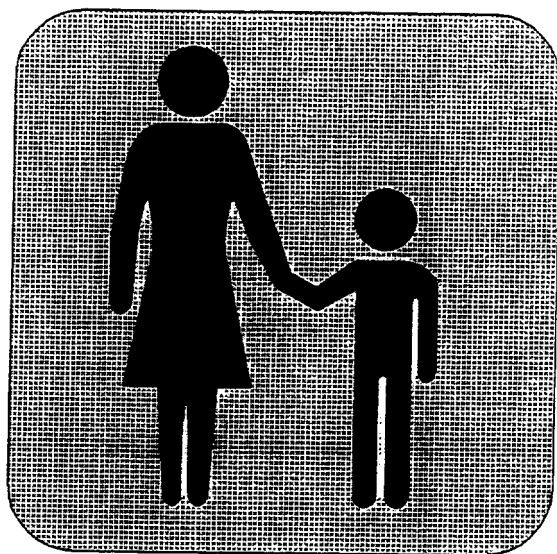
The teams try Calendario Top! where they match the written names of months with corresponding pictures of weather. Back again are Preguntas Top!, La tienda Top! Cocina Top!, and Familia Top!

## Program 5

Weeks of 12/6, 3/20

In the Top! championship, the Blue team challenges the red team to final games of Palabras Top!, Pizza Top!, Numeros Top! La Tienda Top!, and Familia Top!





## **GUIDANCE**

# DIFFERENT AND THE SAME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Ch 8	8:45 Ch 8	2:50 Ch 10	9:00 Ch 8	11:45 Ch 8

This is a program to help children identify, cope with and prevent racism and prejudice. The programs address such issues as stereotyping, language differences, friendships across racial lines and other topics related to prejudice and discrimination.

**Grades K - 4 Teacher Guide Available 15-Minute Lessons**

## Sticks and Stones

Weeks of 9/13, 1/24, 5/22

Shows how name-calling hurts and humiliates others, causing a chain reaction.

## Cinderella and Me

Weeks of 9/20, 1/31, 5/29

Exclusion from popular culture because of skin color causes anger and is unjust. Mr. Allen helps Audrey realize she can help to bring about change.

## Long Distance

Weeks of 9/27, 2/7, 6/5

Students are helped to realize that though someone speaks a different language, he can still be smart. They suggest a way they can understand the problem better.

## Play Ball

Weeks of 10/4, 2/14

Audrey is guilty of stereotyping when she tells Arthur he can't play ball with them because "kids who look like you are never good at baseball." Mr. Kim helps them see why it is wrong.

## The Club

Weeks of 10/11, 2/21

Standing up against prejudice directed at someone else is the theme of this episode. Speaking out helps Audrey resolve her conflict.

## Tug of War

Weeks of 10/18, 2/28

Choosing a friend across racial/ethnic lines can be difficult but important as Cat-a-Lion finds out.



## Proud To Be Me

Weeks of 10/25, 3/6

The pull between assimilation and maintaining a strong cultural identity is one that many students can identify with.

## I'm American, Too

Weeks of 11/1, 3/13

The theme of this narrative is exclusion based on definitions of nationality. What actually makes an American "American"? Though from different places, looking different and speaking different languages, they may still be Americans.

## Words on the Wall

Weeks of 11/8, 3/20

Francine is upset because her family has received hate mail telling them to go back where they came from. Her teacher and friends reassure her of their care and support and start thinking about how they will deal with the problem in their community.

# THE FALL OF FREDDIE THE LEAF

**DIAL-A-LESSON - (914) 968-7800 - See Page 7**

**All Grades Teacher Guide Available 17-Minute Lesson**

In this award winning program based on the book by Leo Buscaglia, Freddie the Leaf begins his life as a small, healthy sprout on top of a tall tree. When the first frost arrives, the leaves shiver with the cold and Freddie is frightened. His wise friend, Daniel, helps to prepare Freddie for change - and the mystery of death. This single program helps children deal with the death of a pet, a popular personality, a neighbor or a family member. It helps them see that things don't die, they just go on and on to new beginnings. We cannot fully appreciate life until we've embraced death, because death teaches us so much. It teaches us to celebrate life now.

# A MEMORY FOR TINO

**DIAL - A - LESSON - (914) 968-7800 - See Page 7**

**All Grades Teacher Guide Available 30-Minute Lesson**

This program, based on a children's book by Leo F. Buscaglia, is about selfless giving. Its purpose is to teach and enhance the spirit of giving. This half-hour is a wonderful experience for all viewers leaving each with a new perspective on life's possibilities and its rewards for focusing our attention on others. Many intergenerational activities can be started from this video for cross curriculum learning.

# TEEN MAGAZINE

DIAL - A - LESSON - (914) 968-7800 - See Page 7

Teen Magazine is a three part video magazine on teenage values and concerns, hosted by students, Beverly and Bill. Programs are varied in format, including video interviews, documentary stories, computer graphics, and clips from major movies.

Grades 6 - 8

30-Minute Lessons

## Family

A reflection on the strong support system of the human family. Teens and parents describe the love and trust they find at home, along with the challenges. The program ends with a profile of a family who pulled even closer together when they lost their mother to cancer.

## Friendship

Using clips from the movie "Stand By Me", two of its stars and author Stephen King tell how the plot demonstrates the power of friendship. Teens describe their own friends and share thoughts on jealousy, peer pressure, and loyalty.

## Self-Respect

Problems with self-acceptance are familiar to all ages. In a cross-generational collage, both parents and teenagers discuss ways to reinforce self-esteem. A rock star describes her shyness as a child and what she did to gain confidence in her abilities.

# BACK TALK

DIAL - A - LESSON - (914) 968-7800 - See Page 7

BACK TALK is a series created to give junior high school students an opportunity to discuss their views on important topics. These programs were originally broadcast live and gave the viewing audience the chance to call in and talk to the students in the live audience at ITV's studio. These programs are now available for viewing through DIAL-A-LESSON. Please note, the phone number which appears occasionally on the screen was only in operation when the programs were on live, when you request to see the programs now, the phone lines will not be functional.

Grades 7 - 8

60-Minute Lessons

## Self-Esteem, Who Needs It?

## Age of Violence

## God and Me

## The Faces of AIDS -

Please Note: This was a candid discussion about AIDS and sexual behavior. Questions were asked and answered by students and by a nurse who works with AIDS patients.

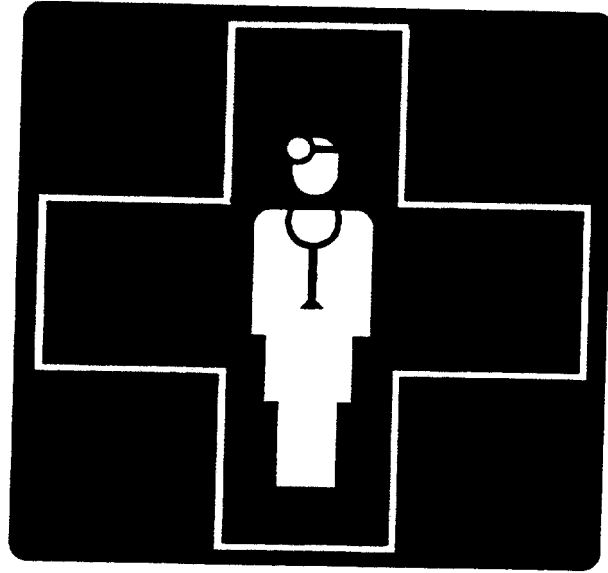
## Helping Friends

## Being Liked

## Being Mad at God

## Forgiveness





**HEALTH & SAFETY**

# CALLING ALL SAFETY SCOUTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 CH 8	8:45 CH 8	2:50 CH 10	9:00 CH 8	11:45 CH 8

Vital safety concepts are taught to children in a way that is both informative and fun. The series shows children how and where accidents can occur, and the sensible means of preventing them.

**Grades K - 3 Teacher Guide Available 15-Minute Lessons**

## Safety At Home

Week of 11/15, 1/17, 3/27

Aims:

- 1-To become aware of hazards that cause accidents in the home.
- 2-To develop in children a sense of responsibility for their own safety, and the safety of others.

## Safety At School

Week of 11/29, 4/3

Aim:

To be aware of rules and laws pertaining to traveling to and from school and the necessity of obeying them.

## Safety On Wheels

Week of 12/6, 4/10

Aims:

- 1-To become aware of traffic rules pertaining to bicycle safety and the necessity of obeying them.
- 2-To develop a respect for trains and railway crossings and to understand the danger in playing on or near them.

## Water Safety

Week of 12/13, 5/1

Aims:

- 1-To become aware of the dangers associated with water, i.e., drowning.
- 2-The importance of learning how to swim.
- 3-To realize the importance of learning and following safety rules and procedures associated with water.

## Safety in the Country

Week of 1/3, 5/8

Aims:

- 1-To understand the importance of keeping clear of farm machinery.
- 2-To become aware of hazards in the natural environment: animals, vegetation, etc.

## Safety At Play

Week of 1/10, 5/15

Aims:

- 1-To be aware of the importance of playing in safe places.
- 2-To understand the importance of rules in games, and to develop a respect for these rules, other players and those in authority (referees, etc).



# HEAD TO TOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30 CH 8	9:00 CH 8	9:50 Ch 8	2:35 CH 8	11:00 CH 10

This series will help teachers by cultivating students' interest and inquiry about the science of our bodies. Children will be encouraged to answer questions posed throughout the program and to participate in the activities suggested in the teacher's guide. Head to Toe replaces the long-running series All About You.

## Grades K - 3 Teacher Guide Available 15-Minute Lessons

### In the Beginning

Weeks of 9/13, 2/21

The development of a human baby; helping keep younger children safe.

### Cells - Your Starting Place

Weeks of 9/20, 2/28

Parts and function of the cell; genetic traits; the importance of good health habits.

### In a Heartbeat

Weeks of 9/27, 3/6

How the circulatory system works; protecting the heart by avoiding tobacco; the importance of exercise.

### Muscles - Holding You Together

Weeks of 10/4, 3/13

How muscles work and what they do in the body; how to keep muscles healthy by eating well and exercising properly.

### Standing Tall

Weeks of 10/11, 3/20

How bones are made and what they do; how to keep them healthy by eating well; preventing injury.

### Fueling Up

Weeks of 10/18, 12/13, 3/27

How the body breaks down and uses food; eating well for good nutrition.

### From Fuel to Waste

Weeks of 10/25, 4/3

How the organs of the excretory system work (digestion, urinary, skin); ways to keep these organs and the skin healthy.

### Fresh Air

Weeks of 11/1, 4/10

How the body breathes; asthma and other respiratory problems; protecting the respiratory system by avoiding pollutants, including cigarette smoke.

### Control Center

Weeks 11/8, 5/1

How the nervous system works; protection of the brain through avoiding drugs; the importance of sleep.

### Fighting Germs & Diseases

Week of 11/15, 5/8

How germs cause diseases; healthcare workers, institutions, and procedures that deal with disease; immunizations; disease prevention.

### Sounds

Weeks of 11/29, 5/15

The structure and function of the ear; health care workers and tests involving the ear; cleaning and protecting the ear.

### Sights

Weeks of 12/6, 5/22

Structure and function of the eye; health care workers and tests involving the eye; wearing glasses; eye protection.

### A Healthy Smile

Weeks of 1/3, 5/29

Structure and function of the teeth; health care workers and procedures involving teeth; the importance of dental care.

### Staying Healthy

Weeks of 1/10, 6/5

Childhood development; the importance of eating well, exercise, sleep, and rest.

### Safety First

Weeks of 1/17

A review and celebration of the human body; ways to guard against unintentional and intentional injury.

# McGRUFF THE CRIME DOG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45 CH 8	9:45 CH 10	11:15 CH 8	11:20 CH 8	12:30 Ch 8

McGruff The Crime Dog is recognized by millions of children, and his "Take A Bite Out of Crime" message really connects with students. As Spokesdog in this series, McGruff motivates children to take an active role in crime prevention and self-protection.

## Grades 1 - 4 Teacher Guide Available 20-Minute Lessons

### McGruff And Drug Free Kids

Weeks of 9/13, 5/29

Kids are under a lot of peer pressure to use drugs. McGruff shows older youngsters how to deal with this pressure and to respect themselves and their bodies.

### McGruff's Gang Alert

Weeks of 9/20, 6/5

McGruff shows that gangs take away young people's freedom to make their own decisions. The Crime Dog proves that whatever a kid's reasons may be for joining, being in a gang is always a dead end.

### McGruff's Guide to Personal Safety

Week of 9/27

McGruff helps children understand that they have personal space. He explains that everyone has the right to protect it and refuse to allow someone to be physically close, even a relative, friend or neighbor. He illustrates the difference between the actions of people whose closeness is natural and those who may put a child's safety at risk.

### McGruff's Self-Care Alert

Weeks of 10/4

To help youngsters feel safe from crime while they're alone, McGruff gives some important advice. He also offers several suggestions that will help children deal successfully with the problem of loneliness.

### McGruff On Vandalism

Weeks of 10/11

McGruff shows that vandalism hurts everyone. Kids are told to take pride in their surroundings and to stand up for what they think is right.

### McGruff on Personal Property

Weeks of 10/18

The interplay between the characters and McGruff's comments allow students to digest the information and clearly present the message that stealing is wrong.

### McGruff on Halloween

Weeks of 10/25

McGruff's files give plenty of tips to make Halloween both safe and fun. McGruff also gives some important safety tips regarding costumes and masks.



### McGruff on the Law: Bicycles and Pedestrians

Weeks of 11/1

McGruff's files illustrate safety points children should always remember, such as obeying traffic signs, riding at the proper speed, checking intersections before crossing and much, much more.

# ROOMNASTICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:55 CH 10	12:25 CH 10	10:35 CH 8	12:50 CH 10	10:00 CH 8

This series on physical fitness and exercise is designed for student participation in a classroom setting. Three basic exercises are presented in each lesson -- along with running in place, jumping and movement patterns. The lessons can be used as a mid-morning stretch break, after lunch or on inclement weather days when children cannot go outdoors.

**Grades 1 - 4 Teacher Guide Available 15-Minute Lessons**

## Program 1

Weeks of 9/13, 1/24, 5/22  
Elbow bender, sideward bending, "blast-off".

## Program 2

Weeks of 9/20, 1/31, 5/29  
Arm stretcher, forward and backward bending, "elevator".

## Program 3

Weeks of 9/27, 2/7, 6/5,  
Forward stretcher, trunk rotation, "knee bend -- heat up".

## Program 4

Weeks of 10/4, 2/14  
Giant circles, trunk twister, knee lifts.

## Program 5

Weeks of 10/11, 2/21  
Backward stretcher, toe touching, "strider".



## Program 6

Weeks of 10/18, 12/13, 2/28  
Arm twister, alternate toe touching, "sprinter".

## Program 7

Weeks of 10/25, 3/6  
Arm pull, bend & twist, side straddle jump.

## Program 8

Weeks of 11/1, 3/13  
Arm circles, back stretcher, hopping.

## Program 9

Weeks of 11/8, 3/20  
Double armlifts sideward, sideward bend with trunk twist, toe-head lift.

## Program 10

Weeks of 11/15, 3/27  
Single armlifts sideward, trunk twist with front & back bend, leg coordinator.

## Program 11

Weeks of 11/29, 4/3  
Double armlifts forward, front & back bend with trunk rotation, leg bend & twist.

## Program 12

Weeks of 12/6, 4/10  
Single armlifts forward, sideward bend with front & back bend, leg bend & crossover.

## Program 13

Weeks of 1/3, 5/1  
Double armstretchers, sideward bend & trunk rotation, leg crosses

## Program 14

Weeks of 1/10, 5/8  
Single armstretchers, trunk twist & rotation, leg circles.

## Program 15

Weeks of 1/17, 5/15  
Signaler, forward lunge & bend, "Siam Squat".

# LOOKING FROM THE INSIDE OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:10 CH 10	11:10 CH 10	9:45 CH 10	12:20 CH 10	-----

These health programs help students acquire the knowledge, attitudes and skills they need to understand and cope with their emotions and feelings. The series will provide positive reinforcement through role models in contemporary situations. Four categories are developed throughout the programs - decision-making, communication, stress-management and goal setting.

## Grades 3 - 5 Teacher Guide Available 15-Minute Lessons

### **I Don't Get It**

Week of 9/13, 1/24, 5/22

Explores the emotion of confusion and shows how communication skills can be used to deal with confusion effectively.

### **That's Me**

Week of 9/20, 1/31, 5/29

To explore the emotion of pride and to show how skills for improving self-esteem can be used to enhance pride.

### **I'll Decide**

Week of 9/27, 12/13, 2/7, 6/5

Explores the emotion of independence and shows how decision-making skills can be used to attain independence.

### **Sticks and Stones**

Week of 10/4, 2/14

Explores the emotion of embarrassment and shows how communication skills can be used to deal with embarrassment effectively.

### **Oh, Yeah?**

Week of 10/11, 2/21

Explores the emotion of anger and shows how decision-making skills and other anger busters can be used to deal effectively with anger.

### **Now What Do I Do?**

Week of 10/18, 2/28

Explores the emotion of frustration and shows how goal-setting skills can be used to deal effectively with frustration.

### **Alone in a Crowd**

Week of 10/25, 3/6

Explores the emotion of loneliness and shows how communication skills can be used to deal with loneliness effectively.

### **A Helping Hand**

Week of 11/1, 3/13

Explores the emotion of caring and shows how communication skills can be used to practice caring.

### **In Harm's Way**

Week of 11/8, 3/20

Explores the emotion of fear and shows how decision-making skills can be used to deal with fear effectively.

### **Learning to Say "No"**

Week of 11/15, 3/27

To explore how it feels to be pressured and to show how communication skills can be used to deal effectively with feeling pressured.

### **Saying Goodbye**

Week of 11/29, 4/3

To explore the emotion of grief and to show how communication skills can be used to deal with grief effectively.

### **Will He or Won't He**

Week of 12/6, 4/10

Explores the emotion of distrust and shows how stress-management skills can be used to deal with distrust effectively.

# LOOKING FROM THE INSIDE OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:10 CH 10	11:10 CH 10	9:45 CH 10	12:20 CH 10	-----

## Changes

Week of 1/3, 5/1

Explores the emotion of sadness and shows how stress-management skills can be used to deal with sadness effectively.

## Worrywart

Week of 1/10, 5/8

Explores the emotion of worry and shows how decision-making skills can be used to deal with worry effectively.

## I Know I Can

Week of 1/17, 5/15

Explores the emotion of determination and shows how goal-setting skills can be used to enhance determination.

# AIDS PROGRAMS

**DIAL-A-LESSON - (914) 968-7800 - See Page 7**

**Grade Levels Indicated With Each Program    Lesson Lengths Vary**

## The Inside Story of the Immune System & AIDS

Grades 4 - 6

15-Minute Lesson

(Slim Goodbody Series)

## AIDS: The Heart of the Matter

Grades 6 - 8

27-Minute Lesson

Produced by the Diocese of Paterson, N.J.

## The Faces of AIDS

Grades 7 - 8

60-Minute Lesson

(BACK TALK-an ITV Series.)

## AIDS: A Bad Way to Die

Grades 7 - 8

42-Minute Lesson

Filmed at the Taconic Correction Facility.

## The Visit

Grades 7 - 8

30-Minute Lesson

(Family Theater Productions)

Callie, living in the suburbs, has every reason to be afraid. In her twenties, she is widowed, the mother of two and has AIDS. Mary, living in Nazareth, is in awe. Only in her teens, she is unwed and pregnant, carrying the long-promised Son of God.

## AIDS In-Service

Programs are listed on Page 130.



# SLIM GOODBODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45 CH 8	10:55 CH 10	9:15 CH 10	8:30 CH 8	2:30 CH 8

Using huge working models of the heart, lungs and digestive system, Slim Goodbody shows students how the parts of the incredible human body work together in harmony. Slim Goodbody wears his human body suit during each episode to further illustrate the functions of the human body. Children learn the good things they must do for their bodies that work so hard for them.

**Grades 3 - 6 Teacher Guide Available 15-Minute Lessons**

## **Your Heart & Blood**

Weeks of 9/13, 11/29, 2/21, 5/15  
Explains Slim Goodbody's suit and explains the function of the heart and circulation.

## **Respiration**

Weeks of 9/20, 12/6, 2/28, 5/22  
Discusses the respiratory system.

## **Digestion**

Weeks of 9/27, 12/13, 3/6, 5/29  
Describes the digestive pathway and the chemical and physical breakdown of food.

## **Your Bones & Muscles**

Weeks of 10/4, 1/3, 3/13, 6/5  
Discusses bones, motion and protection.

## **Your Brain & Nervous System**

Weeks of 10/11, 1/10, 3/20  
Discusses the brain and nervous system.

## **Your Senses**

Weeks of 10/18, 1/17, 3/27  
Reviews each of the five senses.

## **Your Glands**

Weeks of 10/25, 1/24, 4/3  
Discusses the glands of the endocrine system.

## **Your Whole Body**

Weeks of 11/1, 1/31, 4/10  
Demonstrates the interaction and cooperation of the body systems.

## **The Immune System & AIDS**

Weeks of 11/8, 2/7, 5/1  
With cell models, Slim shows how the immune system protects the body. The program clarifies what does or does not cause AIDS and encourages students to talk with parents.

## **Attention to Prevention (Substance Abuse)**

Weeks of 11/15, 2/14, 5/8  
Slim shows students the harmful effects of tobacco, alcohol, marijuana, and cocaine on their minds, bodies, and lives. "Respect yourself, know the facts, and make a healthy choice" says Slim.





# NUTRITION/OTHER HEALTH TOPICS

DIAL-A-LESSON - (914) 968-7800 - See Page 7

Grade Levels Indicated With Each Program

Lesson Lengths Vary

## **Hey Cow!**

Grades 1-2  
10-Minute Lesson

## **The Adventures of Vita-Boy (Junk Food)**

Grades 1-3  
15-Minute Lesson

## **The Big Dinner Table**

Grades 1-3  
12-Minute Lesson

## **Flossing With Charlie Brown**

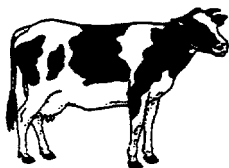
Grades 1-3  
7-Minute Lesson

## **Listen Up: For the Sounds of Your Life (Hearing)**

Grades 1-4  
22-Minute Lesson

## **Uncle Jim's Dairy Farm**

Grades 3-5  
22-Minute Lesson



## **Tooth Truth with Harv & Merv**

Grades 3-5  
11-Minute Lesson

## **Why Not Snack?**

Grades 3-5  
5-Minute Lesson

## **Getting Ready (Four Major Food Groups)**

Grades 3-5  
12-Minute Lesson

## **Why Doesn't Cathy Eat Breakfast?**

Grades 3-5  
5-Minute Lesson

## **Wholly Cow!**

Grades 3-5  
11-Minute Lesson

## **What's Good to Eat?**

Grades 4-6  
18-Minute Lesson

## **How a Hamburger Turns into You**

Grades 5-8  
20-Minute Lesson

## **Food, Energy & You**

Grades 5-8  
18-Minute Lesson

## **The Great Food Challenge**

Grades 6-8  
15-Minute Lesson

## **Eating on the Run**

Grades 6-8  
16-Minute Lesson

## **Your Body, Your Diet, Cholesterol**

Grades 7-8  
21-Minute Lesson

## **Foods, Fads & Facts**

Grades 7-8  
17-Minute Lesson

## **Foods for a Modern World**

Grades 7-8  
21-Minute Lesson

## **Food for Life**

Grades 7-8  
22-Minute Lesson

## **For Tomorrow We Shall Diet**

Grades 7-8  
24-Minute Lesson